

# Welcome

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The Organizing Committee of the Bulgarian Bodybuilding and Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the 2012 IFBB World Classic Bodybuilding Championships and the IFBB World Cup in Sofia, Bulgaria.

## The Land of Roses

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Bulgaria is a beautiful country, small in size but rich in ancient culture, friendly people and hospitality. Situated in the south east of Europe on the Balkan Peninsula, it is a lovely tourist destination with fine sandy beaches, sunny climate and safe seas. The essential character of the country is to be found in its spectacular mountainous regions which vary from high, snow-covered peaks to gentle green slopes and forests, harboring thermal springs and mineral spas, and valleys where the air bears the fragrance of flowers and herbs. The Valley of Roses is one of the largest producers of rose oil in the world, giving root to Bulgaria's soubriquet, 'Land of Roses'. The rugged heights of the Rila and Pirin mountains form a spectacular setting for ski resorts, as well as the famous Rila Monastery and the majestic landscape of the Pirin National Park. Many areas in Bulgaria have been named UNESCO.

Besides beautiful, Bulgaria is one of the oldest states created more than 1300 years ago. Periods of war and expansion of the boundaries are alternated with unprecedented cultural growth, the result of which is the creation of the Cyrillic alphabet in Preslav Literary School and its distribution outside the state. There were more than difficult years of losses and obedience but Bulgarian people have always been able to gain their freedom, to maintain their faith and spirit. Bulgaria's history is displayed across the country in its old towns, ancient Thracian relics and treasures, decorated churches and monasteries, and in the rustic settlements that have preserved the traditional beliefs of its people.

As varied as the different regions are the people who dwell in them, with distinctive customs, crafts and colorful festivals, folklore, religious beliefs and speech. Small picturesque villages welcome guests with typical warm-hearted Bulgarian hospitality, sharing age-old traditions. Hardly anyone can list all historical and cultural sights that are truly worth visiting but whatever aspect one chooses to explore, there is always the assurance of a warm welcome so you will be ready to come back before you even leave.



## Beautiful Sofia

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Sofia – the city which doesn't grow old. The capital of Bulgaria was founded more than 5 000 years ago. The Romans gave it the name Serdica. Around the entire center of Sofia there are ruins of their old buildings. The oldest preserved building in Sofia – the Rotunda of St. George the Victorious is part of an ancient complex dating back to the beginning of the 4<sup>th</sup> century. The history of Sofia is closely connected to the St. Sofia Church which has no bell tower and its walls have never been painted. Demolished by barbarians and natural disasters it was always rebuilt, just like Sofia. Sofia is a Christian city but there is probably no other city where religious tolerance exists in such a natural way. The St. Sofia church, The Banya Mosque, the Synagogue and the St. Joseph Catholic Church form a spiritual and special rectangle – a symbol of tolerance of faith. The city's most prominent building is the St. Alexander Nevski cathedral with golden domes that can be seen from many kilometers and attracts tourists from around the world. Another emblematic building in Sofia is the Russian church. Only few meters away is the National Science Museum and next to it – the former Royal palace (today - the National Arts Gallery) and the Ethnographic Museum. The Archeological Museum is also nearby. The National History Museum offers a fast trip through the centuries since antiquity. Ancient treasures, items and expositions take the breath of the visitor. Every capital offers places for recreation and entertainment and Sofia has many of these - a zoo, wonderful parks, the Vitosha Mountain - a real oasis of peace only few minutes from the city center. The shopping fans can choose between the traditional commercial streets and the modern malls. And there is no end of the night life in Sofia. It is a city rich in culture – opera, theaters, festivals, and a real palette of entertainment. This is what the city is, ancient, cosmopolitan, with rich history, religiously tolerance and modern. It seems like Sofia never gets old and hides many more pleasant surprises waiting to be discovered and experienced.



## Venue Site – The National Palace of Culture

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Located in the downtown, the National Palace of Culture is a multifunctional complex, a contemporary castle synthesis of modern architecture and plastic arts. The magnificent spaces are spiritualized by more than hundred works of the monumental painting, sculpture, wood-carving, Gobelin, metal plastic, and other art genres. The capitals cultural life, as well as prestigious congress and convention activities, business and political events are centralized under its roof.

The World Championship will be held in Hall 1 offering 11 000 sq. m. of space, located on the ground floor. The Hall capacity is 3 692 seats, it has movable acoustic walls, built-in equipment, air-conditioning. It was the venue of the 2011 European Men`s Bodybuilding Championships.



## Official Hotel

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"Rodina" Hotel is the tallest four-star hotel building in Sofia. Located on the Russian monument square it is in close proximity to the venue site – the National Palace of Culture and the administrative and business centre of the city. Sofia's international airport is located 15 km far away. The hotel offers a magnificent panoramic view of the city downtown and the Vitosha Mountains. "Rodina" Hotel dining and entertainment facilities include: main stylish restaurant; comfortable lobby bar; cafe-restaurant "Marbella" in traditional Spanish style, non stop "Ledenika" bar, Night Bar decorated in an ancient Greek style, and the Piano Bar. There is also a sports centre with café-club, fitness room, indoor swimming pool, sauna, massage, darts and table tennis. <http://www.rodina.bg/EN/Home.htm>



### **Hotel Hilton**

Hilton Sofia has the perfect location in the heart of the city, opposite the National Palace of Culture, surrounded by the South Park and overlooking the Vitosha Mountain. Hotel guests are near the commercial district and government offices. Boutiques, restaurants and nightclubs are within walking distance, while Sofia International Airport lies 13 km to the east, an approximate 15 minute transfer. <http://www.hilton.bg/setLanguage-1/>

## Accommodations

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The Organizer will provide free-of-charge accommodation and three meals per day, starting with dinner on Friday, November 23, till breakfast on Monday, November 26, 2012 for all Official Participants \* pursuant to IFBB rules:

**Three (3) or more competitors = two (2) delegates; Two (2) competitors or less = one (1) delegate**

\* The term „Official participant“ means: 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules. National Federations with no athlete may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses. The Official Arrival Date is Friday, November 23, 2012. The Official Departure Date is Monday, November 26, 2012.

*IMPORTANT NOTICE: All National Team Official Participants (athletes, delegates) must check in BEFORE the start of the Weigh-in and Registration. Any Official Participant not checked-in by this deadline will be classified as an „extra delegate“ and will be responsible for all of his or her expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation select this individual to be an Official Participant (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.*

## Hotel Security Deposit

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A hotel security deposit of Euro 100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, room service, laundry i.e. spoiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team

leader will be asked to provide a credit card or cash to cover the deposit of the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

## Competition Tan

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The IFBB has banned all tans and bronzers that can be wiped off. An official will check the tan of all athletes backstage. If the tan comes off by simply wiping, the athlete will be told to remove it.

## Special Package for Additional Delegates, Supporters, Press and Photographers

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The Organizing Committee has established following packages:

- A Full Special Package including: 3 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, farewell banquet and onsite transportation. Package prices: Euro 400 per person in a double room or Euro 500 per person accommodated in a single room at the Rodina hotel.
- A Special Package including: tickets for semifinals and finals, transportation (airport-hotel, hotel-venue site, hotel - airport) and farewell banquet. That package does not include accommodation and other meals except the closing banquet.



## Airport

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The arrival airport is the renovated and modernized Sofia International Airport. It has two terminals and can welcome and send more than 4 million travelers annually. Pleasant stay is provided by a large commercial area, offering a variety of services – restaurants, café-bars, shops, tourist and rent-a-car services, banks and change bureaus.

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Friday) and drive you to the official hotel (ca. 12 km far away). It is very important that every National Federation provides to the Organizing Committee the complete information on its team, including the number of persons and the arrival/departure details.

## Early Arrivals / Late Departures

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Any National Federation, including any of its individual team members, arriving before the Official Arrival Date (Friday, November 23, 2012) and / or staying on after the Official Departure Date (Monday, November 26, 2011) will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals or late departures no later than October 20, 2012.

## Visas

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A valid passport is required to enter the territory of the European Union. EU citizens do not need any visa to enter Bulgaria. All other persons should ask the Bulgarian Embassy in their country about the visa requirements. An official letter of invitation will be sent to you upon request.

## Categories Open for Competition

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CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Men	Classic Bodybuilding	up to 168 cm	<b>5</b>	<b>5</b>
Men	Classic Bodybuilding	up to 171 cm		
Men	Classic Bodybuilding	up to 175 cm		
Men	Classic Bodybuilding	up to 180 cm		
Men	Classic Bodybuilding	Over 180 cm		
Women	Fitness	open	<b>1</b>	<b>1</b>
Men	Fitness	open	<b>1</b>	<b>1</b>
Women	Bodyfitness	up to 163 cm	<b>2</b>	<b>2</b>
Women	Bodyfitness	over 163 cm		
Men	Bodybuilding	open	<b>1</b>	<b>1</b>
Women	Athletic Fitness	open	<b>2</b>	<b>0</b>
Men	Athletic Fitness	open	<b>2</b>	<b>0</b>

The weight / height limits for Classic Bodybuilding are as follows

<b>Height</b>	<b>Bodyweight limit [kg]</b>
Up to 168 cm	Height [cm] – 100
Up to 171 cm	(Height [cm] – 100) + 2
Up to 175 cm	(Height [cm] – 100) + 4
Up to 180 cm	(Height [cm] – 100) + 6
Up to 190 cm	(Height [cm] – 100) + 8
Up to 198 cm	(Height [cm] – 100) + 9
Over 198 cm	(Height [cm] – 100) + 10

### **“A” – TEAM:**

- Each National Federation may enter an „A“ team according to the rules specified below. The maximum allowable number of competitors in the „A“ team is 14 (including 4 Athletic Fitness)
- A maximum allowable number of „A“ team competitors per National Federation in any one category shall not exceed two (2).
- The Organizer will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet for all „A“ team competitors.
- National Federation shall pay a IFBB Registration Fee of Euro 150 for each „A“ team competitor and delegate.
- The „A“ team competitors shall compete for placings and awards, including The Best National Team Award.
- A National Federation must declare its „A“ team competitors on the Final Entry Form and must register the „A“ team competitors upon check-in the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

### **“B” – TEAM:**

- Each National Federation may enter a „B“ team according to the rules specified below. The maximum allowable number of competitors in the „B“ team is 10. No Athletic Fitness competitor in “B” Team allowed.
- The National Federation must pay the Full Package Rate (Euro 400) for each „B“ team competitor. This includes the IFBB Registration Fee. This package includes accommodation, meals, onsite transportation and access to Prejudging, Finals and Farewell Banquet. It will also include the registration Fee.
- The „B“ team competitors shall compete for placings and awards, excluding the Best National Teams Classification.
- National Federation must declare its „B“ team competitors on the Final Entry Form and must register the „B“ team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

**IMPORTANT NOTICE:** *The Best Team Award will include the World Men Classic Bodybuilding Championships only. Athletic Fitness: each National Federation may enter 2 male and 2 female competitors. These competitors are treated as „A“ team members and must pay Euro 150 (IFBB Registration Fee).*

## Secretariat

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The Organizing Committee will maintain a Secretariat at the Official Hotel (Rodina Hotel), from 11:00, November 23<sup>rd</sup>, (Friday) to 11:00 November 26<sup>th</sup>, (Monday) 2012. You may obtain information and assistance from the Secretariat.

## IFBB Registration Fee

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Each official „A“ team athlete and each official delegate, including delegates without competitors must pay the IFBB Registration Fee of Euro 150. This fee is payable to the IFBB upon arrival at the official hotel. „B“ team competitors are not required to pay the IFBB Registration Fee since this is included in the Full Special Package Rate. The Registration Fee is completely separate from the hotel security deposit.

**IMPORTANT NOTICE:** *The hotel security deposit and IFBB Registration Fee must be paid BEFORE team members are provided accommodations. If any of your athletes or delegates arrives without their Team Manager or Chief Delegate, that athlete or delegate must pay the hotel security deposit and IFBB Registration Fee BEFORE a room can be assigned.*

## Doping Control

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Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory in Helsinki. In order to compete, all competitors at the Weigh-in and Registration will be required to sign a Doping Control Consent & Waiver of Liability Form.

**IMPORTANT NOTICE:** *Doping Controls may be conducted using any or all of the following methods:*

- Random selection: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
- Weighted selection: A number of athletes selected at random from among the top finalists e.g. at Finals.

*The IFBB reserves the right to Target Test of any athlete.*

The IFBB is a Signatory to the WADA Code. Participating National Federations have the duty and an obligation to ensure that their athletes are competing drug-free at IFBB international contests.

## Passport / Music

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All competitors must provide their passport and music at the Weigh-in and Registration, failing which the competitor will not be registered. The music must be on the CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes.

*IMPORTANT NOTICE: The use of profane, vulgar or offensive language is strictly prohibited in posing music.*

## National Anthem

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All participating National Federations must bring a short version (less than 60 seconds) of their national anthem on CD. The national anthem must be the only music on the CD.

## Parade of Nations

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All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes is posing attire. One delegate and one athlete must take part in the Parade of Nations.

## Judges

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All National Federations are reminded that their nominations of judges and test judges must be forwarded as soon as possible but no later than October 26, 2012 to: Pawel Filleborn,

Chairman, IFBB Judges Committee; E-mail: pawelfilleborn@gmail.com. All IFBB International Judges must be in possession of a valid IFBB Judge's Card, failing which they will not be allowed to judge.

*IMPORTANT NOTICE: All judges must attend the Judges / Team Managers' Meeting.*

*If a judge is absent from this meeting, he or she will not judge.*

## Media Accreditation

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All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation must register with the IFBB by completing and signing an IFBB Media Accreditation Form which must be remitted to the IFBB by e-mail to Andrzej Michalak at amichalak5@gmail.com, no later than October 26, 2012.

## Competitor Information Form

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This Form must be completed by each competitor BEFORE the weight / height measurement and given to the IFBB Press Commission official during the registration. This information is used to promote the competitor in press, on TV, the website and other media.

## Green Cards

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Green cards, used to limit access to the Weigh-in area and backstage during the Prejudging and Finals, will be distributed at the Judges / Team Managers Meeting as follows: 5 or more competitors — 2 green cards; less than 5 competitors — 1 green card.

*IMPORTANT NOTICE: If a National Federation does not attend the Judges / Team Managers Meeting, it will not be given a green card.*

## Backstage and Dressing Rooms Access

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Access to the backstage and dressing room areas is strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

## Camera / Videotape Equipment

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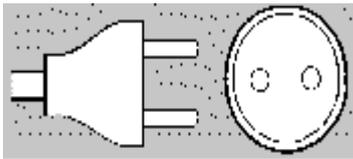
Camera and videotape equipment shall be strictly prohibited in the backstage area except when used by IFBB-authorized media persons. In any event, these devices shall be strictly prohibited in the dressing room area.

## Useful Information

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Time difference: GMT + 2 hours

Electrical outlets: 220 Volts



Plug Type C

Currency: Bulgarian Leva, 1 BGN = 1,95583 EUR

Language: Bulgarian. English is widely spoken in hotels, shopping and sports centers, tourist areas.

## Athletes without Delegates

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All athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any athlete who arrives without a delegate must carry an Official Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

## Failure to Honor Final Entry Form Deadline

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Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite

transportation and other Championship activities. A failure to respect these deadlines is a breach of IFBB Rules. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the the Final Entry Form. If a National Federation fails to respect the deadline written on the Final Entry Form, each Official Participant from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet.

## Misrepresentation

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Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an „official“ of a National Federation deliberately misrepresents the number of athletes and delegates so to obtain free-of-charge accommodations, meals, onsite transportation, access to Prejudging, Finals and Farewell Banquet and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Full Special Package Rate for each person involved.

## Medical Withdrawal

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Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s withdrawal, be fined an amount equal to the Full Special Package Rate.

## Failure to Cooperate

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Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by IFBB against the offending National Federation.

## Preliminary Entry Form

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The deadline for sending the Preliminary Entry Form is October 10, 2012. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but no later than the deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants, please indicate the total number of individuals from your National Federation who will participate in the Championships.

## Final Entry Form

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The deadline for the Final Entry Form is November 12, 2012. National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

## Contact Details

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Preliminary and Final Entry Forms must be sent to:

Organizing Committee

Bulgarian Bodybuilding and Fitness Federation

E-mail: [info@bbbff.com](mailto:info@bbbff.com)

Tel: +359 884 239 001 – Mrs. Ekaterina Yaneva (English, German, Bulgarian)

Postal address: 75, Vassil Levski Blvd., 1142 Sofia, Bulgaria

Please copy all correspondence to:

International Federation of Bodybuilding and Fitness

Dr. Rafael Santonja

IFBB President

Tel: +34 93 766 0630

Fax: +34 91 535 0320

E-mail: international@santonja.com

**Very important notice:**

*It is the responsibility of the President or General Secretary of each participating National Federation to ensure that all National Team members (athletes, delegate, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report.*

*If any of the athletes or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.*

## Tentative Schedule of Activities

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The following schedule of activities is tentative and subject to change. Please check regularly for updates.

### **FRIDAY, NOVEMBER 23**

10:00—17:00	Arrival of delegations at official hotel
18:00	Judges and Team Managers Meeting
19:00	WEIGH-IN
20:00—22:00	Dinner

### **SATURDAY, NOVEMBER 24**

07:00—10:00	Breakfast
10:00—14:00	PREJUDGING for Fitness, Bodyfitness, Bodybuilding and Athletic Fitness
13:00—15:00	Lunch at the hotel
17:00	PREJUDGING for Classic Bodybuilding
19:00—22:00	Dinner

### **SUNDAY, NOVEMBER 25**

07:00—10:00	Breakfast
11:00—12:00	Sightseeing Tour
12:00—14:00	Lunch

15:00                      Opening ceremony and FINALS  
22:00—24:00            Farewell Banquet

**MONDAY, NOVEMBER 26**

07:00—10:00            Breakfast  
06:00—11:30            Check out and departure of all participants



## INTERNATIONAL BODYBUILDING & FITNESS FEDERATION

Calle Dublin No. 39-I, 28232 Las Rozas, Madrid, Spain  
Tel: +34 91 535 2819 Fax: +34 91 636 1270  
E-mail: [internacional@santonja.com](mailto:internacional@santonja.com) Website: [www.ifbb.com](http://www.ifbb.com)



# PRELIMINARY ENTRY FORM

**IFBB WORLD MEN'S CLASSIC BODYBUILDING CHAMPIONSHIPS  
AND IFBB WORLD CUP  
Sofia, Bulgaria, November 23 - 26, 2012**

In order to assist in the planning and organization of these Championships and World Cup, please complete the Preliminary Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN OCTOBER 10, 2012.**

### PLEASE PRINT CLEARLY

FEDERATION NAME: \_\_\_\_\_

FEDERATION CONTACT PERSON: \_\_\_\_\_

FAX NUMBER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Our Federation is planning to participate in:

- 2012 IFBB World Classic Bodybuilding: Please indicate "YES" or "NO".
- 2012 IFBB World Cup: Please indicate "YES" or "NO".

NUMBER OF DELEGATES: \_\_\_\_\_ NUMBER OF ATHLETES: \_\_\_\_\_

NUMBER OF EXTRA DELEGATES AND SUPPORTERS: \_\_\_\_\_

Please be advised that there will be five (5) categories at the World Men's Championships as follows: Classic Bodybuilding (168 cm), Classic Bodybuilding (171 cm), Classic Bodybuilding (175 cm), Classic Bodybuilding (180 cm), Classic Bodybuilding (+180 cm) and seven (7) categories in the World Cup: Women's Bodyfitness (163 cm), Women's Bodyfitness (+168 cm), Women's Fitness (open) and Men's Fitness (open), Men's Bodybuilding (open), Women's Athletic Fitness (open), Men's Athletic Fitness (open).

Each National Federation may enter an "A" team of up to a maximum of fourteen (14) athletes: five (5) in the World Men's Classic Bodybuilding Championships and nine (9) in the World Cup. A maximum of two (2) "A"-team athletes per category per National Federation is permitted.

Each National Federation may enter a "B" team of up to a maximum of ten (10) athletes: five (5) in the World Men's Classic Bodybuilding Championships and five (5) in the World Cup. No "B" team athletes in Athletic Fitness. A maximum of two (2) "B"-team athletes per category per National Federation is permitted.

**IMPORTANT:** Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

**PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE OR NOT, NO LATER THAN OCTOBER 10, 2012, TO:**

Send the Preliminary Entry Form to:

Bulgarian Bodybuilding and Fitness Federation  
E-mail: [info@bbbff.com](mailto:info@bbbff.com)  
Tel: +359 884 239 001 – Mrs. Ekaterina Yaneva  
Postal address: 75, Vassil Levski Blvd., 1142 Sofia, Bulgaria

Please copy all correspondence to:

International Federation of Bodybuilding and Fitness  
Dr. Rafael Santonja  
IFBB President  
Phone: +34 91 535 2819  
Fax: +34 91 535 0320  
E-mail: [international@santonja.com](mailto:international@santonja.com)



# INTERNATIONAL BODYBUILDING & FITNESS FEDERATION

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## FINAL ENTRY FORM

### 2012 IFBB World Men's Classic Bodybuilding Championships & IFBB World Cup

Sofia, Bulgaria, November 23-26, 2012

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN NOVEMBER 12, 2012.**

**PLEASE PRINT CLEARLY**

FEDERATION NAME:	FAX:	E-MAIL:
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NAME OF DELEGATE(S) - (AS WRITTEN IN PASSPORT)		PASSPORT NUMBER
1		
2		

NAME OF EXTRA DELEGATE(S) - (AS WRITTEN IN PASSPORT)		PASSPORT NUMBER
1		
2		
3		

## THE "A" TEAM

MEN'S CLASSIC BODYBUILDING (UP TO 168 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

MEN'S CLASSIC BODYBUILDING (UP TO 171 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

MEN'S CLASSIC BODYBUILDING (UP TO 175 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

MEN'S CLASSIC BODYBUILDING (UP TO 180 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

MEN'S CLASSIC BODYBUILDING (OVER 180 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

WOMEN'S BODY FITNESS (UP TO 163 CM)		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

<b>WOMEN'S BODY FITNESS (OVER 163 CM)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>WOMEN'S FITNESS (OPEN)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S FITNESS (OPEN)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S BODYBUILDING (OPEN)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>WOMEN'S ATHLETIC FITNESS (OPEN)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S ATHLETIC FITNESS (OPEN)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

## THE "B" TEAM

<b>MEN'S CLASSIC BODYBUILDING (UP TO 168 CM)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S CLASSIC BODYBUILDING (UP TO 171 CM)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S CLASSIC BODYBUILDING (UP TO 175 CM)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

<b>MEN'S CLASSIC BODYBUILDING (UP TO 180 CM)</b>		
<b>COMPETITOR NAME (AS WRITTEN IN PASSPORT)</b>		<b>PASSPORT #</b>
1		
2		

MEN'S CLASSIC BODYBUILDING (OVER 180 CM)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS (UP TO 163 CM)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS (OVER 163 CM)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S FITNESS (OPEN)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

MEN'S FITNESS (OPEN)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

MEN'S BODYBUILDING (OPEN)		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

ARRIVAL DATE & TIME: _____ AIRLINE & FLIGHT #: _____
DEPARTURE DATE & TIME: _____ AIRLINE & FLIGHT #: _____

Please be advised that there will be five (5) categories at the World Men's Championships as follows: Classic Bodybuilding (168 cm), Classic Bodybuilding (171 cm), Classic Bodybuilding (175 cm), Classic Bodybuilding (180 cm), Classic Bodybuilding (+180 cm) and seven (7) categories in the World Cup: Women's Bodyfitness (163 cm), Women's Bodyfitness (+168 cm), Women's Fitness (open) and Men's Fitness (open), Men's Bodybuilding (open), Women's Athletic Fitness (open), Men's Athletic Fitness (open).

Each National Federation may enter an "A" team of up to a maximum of fourteen (14) athletes: five (5) in the World Men's Classic Bodybuilding Championships and nine (9) in the World Cup. A maximum of two (2) "A"-team athletes per category per National Federation is permitted.

Each National Federation may enter a "B" team of up to a maximum of ten (10) athletes: five (5) in the World Men's Classic Bodybuilding Championships and five (5) in the World Cup. No "B" team athletes in Athletic Fitness. A maximum of two (2) "B"-team athletes per category per National Federation is permitted.

**IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.**

#### JUDGES :

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules : „*That a National Federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which individual will not be allowed to judge*“. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card and Judging License for 2009.

**Please list your judges names here ...**

	<b>NAME OF JUDGE(S) - (AS WRITTEN IN PASSPORT)</b>	<b>PASSPORT NUMBER</b>
1		
2		
3		

**Please list your test judges names here ...**

	<b>NAME OF TEST JUDGE(S) - (AS WRITTEN IN PASSPORT)</b>	<b>PASSPORT NUMBER</b>
1		
2		
3		

**PLEASE RETURN THE FINAL ENTRY FORM, INDICATING THE ACTUAL NAMES OF YOUR TEAM MEMBERS,  
NO LATER THAN **NOVEMBER 12, 2012**, TO:**

<b>Send the Preliminary Entry Form to:</b>  Bulgarian Bodybuilding and Fitness Federation E-mail: <a href="mailto:info@bbbff.com">info@bbbff.com</a>  Tel: +359 884 239 001 – Mrs. Ekaterina Yaneva  Postal address: 75, Vassil Levski Blvd., 1142 Sofia, Bulgaria	<b>Please copy all correspondence to:</b>  International Federation of Bodybuilding and Fitness Dr. Rafael Santonja IFBB President Phone: +34 91 535 2819 Fax: +34 91 535 0320 E-mail: <a href="mailto:international@santonja.com">international@santonja.com</a>
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**Please visit [www.ifbb.com](http://www.ifbb.com) for detailed information on this event.**

**CONSEQUENCES OF FAILURE TO COOPERATE WITH THE ORGANIZER:**

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending National Federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending national federation.

# COMPETITOR INFORMATION FORM

2012 WORLD CLASSIC BODYBUILDING CHAMPIONSHIPS – SOFIA, BULGARIA

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THE CATEGORY YOU WANT TO START IN: .....

FIRST NAME: ..... FAMILY NAME: .....

COUNTRY: ..... DATE OF BIRTH: .....

CONTEST BODYWEIGHT: .....kg, BODY HEIGHT: .....cm

OFF-SEASON BODYWEIGHT: .....

EDUCATION (school, specialization): .....

.....

CURRENTLY PERFORMED JOB: .....

GYM (STUDIO, CLUB): ..... CITY: .....

TRAINERS: .....

HOBBY: .....

NEXT CONTEST (PLANNED): .....

SPORT ACHIEVEMENTS: .....

.....

.....

.....

.....

.....

.....

E-MAIL ADDRESS (*in block letters*): .....

YOUR PERSONAL WEBSITE ADDRESS: .....

.....  
Signature

---

*Please fill in this Form for each athlete and give it back during the registration/weigh-in in Sofia*



## 2012 WORLD CLASSIC BODYBUILDING CHAMPIONSHIPS & IFBB WORLD CUP

Sofia, Bulgaria  
October 23-26, 2012

In consideration of approving my application for IFBB Press Accreditation to the Event listed above, I the undersigned do hereby agree to be bound by the IFBB Constitution and Rules, including the IFBB Code of Ethics. I further agree to cooperate fully with the IFBB and the Event Organizer. I understand and accept that the IFBB may charge a Press Accreditation Fee for this Event in the amount of EUR \$100.00. I will arrange the extra package of accommodation (in case I am not official delegate), that shall be arranged through my national federation with the organizing committee.

### PLEASE PRINT CLEARLY

1	<b>LAST NAME</b> (AS WRITTEN IN PASSPORT):	
2	<b>FIRST NAME</b> (AS WRITTEN IN PASSPORT):	
3	<b>PASSPORT NUMBER</b>	
4	<b>NATIONALITY</b>	
5	<b>SEX</b> (MALE OR FEMALE)	
6	<b>DATE OF BIRTH</b> (DD.MM.YYYY)	
7	<b>PLACE OF BIRTH</b> (CITY/TOWN/COUNTRY)	
8	<b>DATE OF ISSUE</b> (DD.MM.YYYY)	
9	<b>DATE OF EXPIRY</b> (DD.MM.YYYY)	
10	<b>PLACE OF ISSUE</b> (CITY/TOWN/AUTHORITY)	
11	<b>NAME OF COMPANY</b> (MAGAZINE, NEWSPAPER, TV)	
12	<b>COMPLETE MAILING ADDRESS</b> (STREET/APT #, CITY, COUNTRY, POSTAL CODE)	
13	<b>TELEPHONE NUMBER</b>	
14	<b>FAX NUMBER</b>	
15	<b>E-MAIL ADDRESS</b>	
16	<b>WEBSITE</b>	
17	<b>ARRIVAL INFORMATION</b>	
18	<b>DEPARTURE INFORMATION</b>	

\_\_\_\_\_

**DATE**

\_\_\_\_\_

**SIGNATURE**

YOU MUST RETURN THIS COMPLETED AND SIGNED FORM BY FAX OR E-MAIL TO THE IFBB PRESS COMMISSION ([mauricio@santonja.com](mailto:mauricio@santonja.com)) NO LATER THAN 30 DAYS BEFORE THE EVENT, FAILING WHICH PRESS ACCREDITATION MAY BE DENIED. YOU SHOULD CHECK THE EVENT INSPECTION REPORT AT <http://www.ifbb.com/contests/calendar> TO SEE IF ANY OTHER CONDITIONS APPLY, SUCH AS THE DEADLINE DATE FOR REGISTRATION WITH THE EVENT ORGANIZER.

### International Bodybuilding & Fitness Federation

Calle Dublin No. 39-1, 28232 Las Rozas, Madrid, Spain. Tel: +34 91 535 2819 Fax: +34 91 636 1270  
E-mail: [internacional@santonja.com](mailto:internacional@santonja.com) Website: [www.ifbb.com](http://www.ifbb.com)